

## Claims

What is claimed:

1. The broad method of achieving coherence of the heart rate variability cycle by facilitating the synchronization of the heart rate variability cycle with the breathing cycle:
  - a) The broad method of consciously using the breathing cycle to synchronize the heart rate variability cycle, thereby realizing coherence of said heart rate variability cycle,
  - b) the broad method of bringing about the coherence of the heart rate variability cycle by consciously aligning the breathing cycle with an external reference signal of a frequency or frequencies known to be consistent with those of the human heart rate variability cycle.
2. The broad system of claim 1 for achieving coherence of the heart rate variability cycle by facilitating the synchronization of the heart rate variability cycle with the breathing cycle:
  - a. the broad system by which the breathing cycle is used to synchronize the heart rate variability cycle,
  - b. the broad system by which the coherence of the heart rate variability cycle is achieved by consciously aligning the breathing cycle with an external reference signal of a frequency or frequencies known to be consistent with those of the human heart rate variability cycle.
3. The method of claim 1, further comprising the provision of a consistent cyclic representation of the breathing cycle such that the subject has a clear understanding of when to begin the inhalation phase, when to end the inhalation phase, when to begin the exhalation phase, and when to end the exhalation phase.
4. The system of claim 2, further comprising the provision of a consistent cyclic representation of the breathing cycle such that the subject has a clear understanding of when to begin the inhalation phase, when to end the inhalation phase, when to begin the exhalation phase, and when to end the exhalation phase.

5. The method of claim 1, further comprising providing the subject with an exacting visual, audible, or sensory reference signal specifying the inhalation phase and the exhalation phase.
6. The system of claim 2, further comprising providing the subject with an exacting visual, audible, or sensory reference signal specifying the inhalation phase and the exhalation phase.
7. The method of claim 1 further comprising the synchronization of the peak positive heart rate with the visual, audible, and sensory positive peaks, and the synchronization of the peak negative heart rate with visual, audible, and sensory negative peaks.
8. The system of claim 2, further comprising the synchronization of the peak positive heart rate with the visual, audible, and sensory positive peaks, and the synchronization of the peak negative heart rate with visual, audible, and sensory negative peaks.
9. The method of claim 1, wherein a consistent cyclic representation of the breathing cycle is provided visually, audibly, and sensorally.
10. The system of claim 2, wherein a consistent cyclic representation of the breathing cycle is provided visually, audibly, and sensorally.
11. The method of claim 3 wherein an indication of short duration is alternatively provided at the end of inhalation and the beginning of exhalation and at the end of exhalation and the beginning of exhalation.
12. The system of claim 4 wherein an indication of short duration is alternatively provided at the end of inhalation and the beginning of exhalation and at the end of exhalation and the beginning of inhalation.
13. The method of claim 1 comprising the programmability of differing frequencies centered around .085 Hertz.
14. The system of claim 1 comprising the programmability of differing frequencies centered around .085 Hertz.
15. The method of claim 5 comprising the programmability of differing indication methods individually or in combination.
16. The system of claim 6 comprising the programmability of differing indication methods individually or in combination.
17. The method of claim 1, wherein the capability may be provided in either hardware or software.

18. The system of claim 1, wherein the capability may be provided in either hardware or software.
19. The instructive method by which the subject is instructed to synchronize their breathing cycle to that of an external reference signal centered  
5 around .085 Hertz.
20. The instructive method by which the subject is instructed to synchronize their inhalation with the positive going aspect of the external reference cycle and their exhalation with the negative going aspect of the external reference cycle.